

Chelsea™ Task Chair User Instructions



1. Adjustable Lumbar Support:

The height adjustable lumbar support feature can be adjusted by grabbing either side of the lumbar pad from behind the chair back when seated. Raise or lower to the desired height where the lumbar pad connects with the lower curvature of the user's back.

Benefits of the Back & Optional Lumbar Support: Proper back support allows users to maintain a natural and comfortable curvature of the back.

2. Seat Depth Adjustment:

Adjust the seat depth by pulling the lever under the righthand side of the seat, labeled with two opposite facing white arrows. Adjust the seat to allow for maximum support under the legs and thighs, while avoiding pressure behind the knees.

Benefits of the Seat Depth Adjustment:

Positioning the body all the way back in the seat will provide full support of the user's hips, posterior and thighs with minimal or no pressure under the front of the thigh and knee.

3. Seat Height Adjustment:

Adjust the seat height up or down by lifting the lever located under the righthand side of the seat, connected to the mechanism. For optimal comfort, you should have your feet flat on the floor with your knees bent at approximately 90 degrees.

Benefits of the Seat Depth Adjustment:

Proper seat height and positioning promotes good blood circulation in the lower legs. Restricted circulation resulting from poor positioning can cause aches, pain, numbness and injury. The Chelsea™ seat provides day-long comfort with high-quality molded seat foam and waterfall edge.

4. Four-Position Back Stop:

Stop the Chelsea in one of four positions for optimal comfort.

Benefits of Back Stop Adjustments:

The back stop is offered to accommodate task needs and personal preferences. Four optional settings allow for even greater customization for the user.

5. Synchro-tilt mechanism with front tension adjustment:

To adjust the tension of the seat and back, pull out the tension adjustment knob directly underneath the front of the seat, then turn to adjust the tension. Re-engage the knob once the desired tension is set by pushing it back into place.

Benefits of tension adjustment:

Adjusting the reclining force to the user's shape, size and preference allows for balanced resistance and freedom to lean forward and backward safely and comfortably.

6. 3D Arm Adjustment:

Raise or lower the arms to the desired height by pushing the button on either side of the arm. Slide the arm cap forward or backward for preferred positioning. To adjust the arm width, release the lever under the arm stem and slide the arm either outward or inward to the desired width; then secure the lever back into the locked position.

Benefits of arm adjustability:

The provision of arm support can reduce upper body fatigue, facilitate shifting body positioning when sitting, as well as sitting into or standing up from the chair. Arm rests decrease body flexion, knee and hip movements, effectively reducing stress in the joints during seated-to-standing transitions.



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